

GUANTANAMO BAY *Gazette* Online Edition

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Feb 1, 2002



CHINFO 2000
Merit Award
Winner

Vol. 59 No. 5 Friday, February 1, 2002

Celebrating Cuban-American Friendship



Photo by Sgt. Joshua S. Higgins, USMC

Members of the Marine Corps Security Force Company, led by their Commanding Officer, Major Scott Packard and platoon commanders, ran from the Northeast Gate to Nob Hill where they were joined by community members and JTF-160 personnel for the rest of the run to Phillips Park. The group proudly carried the U.S. and Cuban flags along with the Navy and Marine Corps flags in the annual run which kicks off the day-long Cuban American Friendship Celebration which began in 1969. (More on page 4)

OCSC Seeks Volunteers, Schedules Meetings

The Officer's Civilian Spouse Club Cultural Committee is seeking volunteers to meet and greet visitors to the Lighthouse Museum from 2 to 4 pm, Saturdays and Sundays. If you have volunteered previously, call 2774. We are creating an updated volunteer list.

Also, an OCSC general membership meeting is Tuesday, Feb. 5, 7 pm, at the Community Center. All members are invited to attend and bring your favorite recipes for the club cookbook.

BRIEFS

Community Fleamarket Feb. 16

It's time for a GTMO Spring Cleaning of all your closets and pantries! Make some extra cash from your treasures! The next GTMO Community Flea Market is Saturday, Feb. 16, from 7 am to noon at the Community Center.

If interested in having a table, please contact JoAnn King at 2774 or Cel McMillan at 7597 after working hours. Leave a message and a table will be reserved for you. There is no charge for

tables or the facility; this is not a fundraiser for any organization, so the proceeds from sales will be kept by participants. Call now to reserve a table.

Detainee Pictures Prohibited

Base security has stated that taking pictures of the arrival and transportation of Camp X-Ray detainees is strictly prohibited for unauthorized personnel. Film will be confiscated. For more information, contact Base Security, 4105.

U.S. Naval Base
Guantanamo Bay, Cuba

GAZETTE

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Energy Conservation

Lighting accounts for 20 to 25 percent of all electricity consumed in the United States

Water Conservation

Total Used: 6,257,277.0
Daily Avg: 893,896.7
Daily Goal: 700,000

We spent **-\$25,788.26**
OVER our goal last week.

Conserve Water Coloring Fun

Courtesy of the Environmental Protection Agency



FEBRUARY 2002 TIDAL DATA

DATE	TIME	LEVEL	TIME	LEVEL	TIME	LEVEL	TIME	LEVEL
01	0454	-0.32	1138	1.33	1800	-0.15	----	----
02	0002	0.97	0600	-0.16	1226	1.18	1848	-0.24
03	0114	1.05	0706	0.00	1314	1.02	1936	-0.31
04	0226	1.13	0824	0.14	1402	0.87	2024	-0.36
05	0338	1.21	0948	0.23	1456	0.75	2118	-0.38
06	0450	1.28	1106	0.27	1550	0.65	2218	-0.39
07	0550	1.33	1218	0.27	1650	0.59	2312	-0.39
08	0650	1.35	1318	0.26	1750	0.57	0006	-0.38
09	0738	1.35	1412	0.24	1844	0.57	----	----

SECDEF Visits GTMO

Photo By ABH1 Tony Rice



Secretary of Defense Donald Rumsfeld accepts a Naval Station Guantanamo Bay, Cuba hat from Naval Station Commanding Officer, Capt. Robert Buehn while crossing the bay on the ferry. The SECDEF was on his way to Camp X-Ray to see for himself what conditions were like for the detainees and the troops assigned to

guard them. The 20 minute trip on the ferry afforded local hosts to present the SECDEF with momentos including a Cuban/American Friendship Day t-shirt, the one that includes the SECDEF's now famous "least worst place" reference to GTMO. The t-shirt was presented by JTF Commander, Brig. Gen. Michael Lehnert.

Troops to Teachers Program Gets New Life

By Jim Garamone
American Forces Press Service

They are disciplined, smart, motivated, goal-oriented and have a disposition to serve. Sounds like what makes good service members. It also sounds like what makes good teachers, so the Department of Defense and the Education Department have resurrected the Troops to Teachers program with an \$18-million infusion from the fiscal 2002 federal budget.

The new money will give retiring or separating service members a chance to become teachers. Those retiring from the military have always qualified for the program. The Fiscal 2002 Defense Authorization Act adds a new eligible group: service members who separate after six years or more of service, are not eligible for retirement, and agree to serve three years in one of the Reserve components.

The program is a particular favorite of first lady Laura Bush. She sees Troops to Teachers as a "win-win" situation: Service members get second careers, and schools get highly qualified people with proven track records. "We're pleased with both President and Mrs. Bush's interest in the program," Molino said.

The program will pay service members up to a \$5,000 stipend to help cover the costs of a teacher certification program. Some participants would also receive a \$10,000 bonus in lieu of the stipend if they accept a job in a "high-needs" school district. A high-needs district is one where 50 percent of its students come from low-income families.

Those who enroll in the program must teach for at least three years. For more information on the Troops to Teachers program, visit your installation education office or the program Web site at <http://www.voled.doded.mil/dantes/ttt>.

BRIEFS CONT.

Sponsor Training Class

The Fleet and Family Support Center's Relocation Assistance Program offers a Sponsor Training Class on Feb. 7, from 9 to 11 am.

If you are assigned as a sponsor and would like to learn more about sponsoring a newcomer, please call 4141 to sign up. Ombudsmen, spouses, and all those interested are invited. There is a 25 seat limit, so call today!

Naval War College Course Available at GTMO

All officers are invited to attend the Naval War College Seminar Course on Joint Maritime Operations.

Course is held on Wednesdays from 6:45 pm to 9:45 pm in the hospital's Staff Education and Training (SEAT) building.

Indoc Trainers Course

There is Command Training Team Indocination Course Monday, March 11 through Friday, March 15. We need 12 people to hold the class. We will need this information no later than Feb. 8. Contact AM1 Raymer at n12e@usnbgmto.navy.mil.

Thrift Store Needs Items

Treasures and Trivia thrift store is accepting donations of household items for a special JTF and Fleet Hospital shopping area. Items may be dropped off at the store or in the collection bin but must be designated for JTF use only. All types of household items are needed. This project is jointly sponsored by the OCSC and the HSSO. FMI call 4860.

SAVI Volunteers Sought

Sexual Assault Victims Intervention (SAVI) volunteers are needed for Guantanamo Bay. Training has not yet been scheduled. Volunteers with or without previous experience are welcome. For more information or to volunteer, contact the GTMO Fleet and Family Support Center (FFSC) at 4141.

OCSC Scholarships

Applications for seniors are available for pickup. Parents may visit the school counselor, Mr. Haley, to pick up and sign for your child's application. All applications are due MARCH 15. Call Jean Anne with questions or concerns at 5418.

The 33rd Celebration of GTMOs Cuban- American Friendship



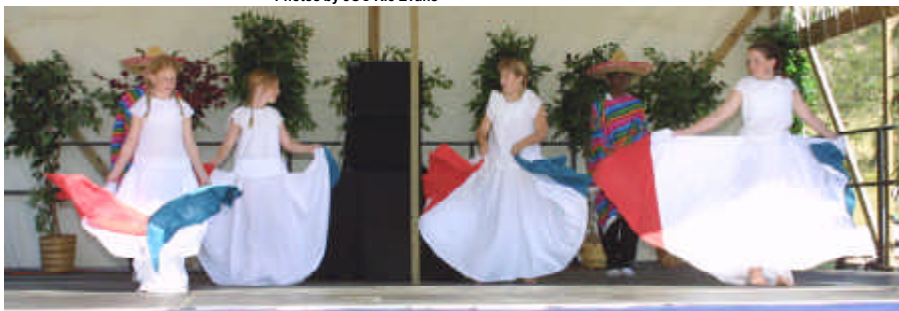
Above: Capt. James Cannon, COMNAVBASE GTMO from 1995-1997, returned to the familiar confines of GTMO to visit with friends and to participate in the annual Cuban American Friendship Day activities as its' guest speaker.

Above right: Capt. Robert Buehn, although absent from the ceremonies due to a Congressional visit to GTMO, arrived with some members of that Congressional team to say hello and to pause for a photo with GTMO celebrity and renowned "best cook in GTMO," Mrs. Gloria Martinez and Congresswoman Ileana Ros-Lehtinen of Florida's 18th District.

Right: Albenia Muller of the Youth Center staff, paints a young Youth Center celebrant's face in the Kid's Cabana where games and crafts were the highest priority.

Below: Guantanamo Bay's talented W.T. Sampson Elementary School youth dance troop entertains the audience with traditional dances of Cuba and the Caribbean.

Photos by JOC Ric Evans



Get Ready for the GTMO Open with STROKE PLAY AT YATERA SECA GOLF CLUB

All hands are invited to the base golf course Feb. 3 for Stroke Play. This event is a precursor to the GTMO Open. Everyone needs at least five rounds in to establish a handicap. Cost is \$5. Sign-up is 7am and tee time is 8am.

Senior Petty Officer Association Meetings

When:

SPOA meets at 11:30 am on the first and third Friday of each month. **Next meeting Feb. 1.**

Who:

The SPOA is open to all E-5 and E-6 Navy personnel, including the Naval Reserve.

Why:

Support your community and fellow Senior PO's by being a member of the SPOA.

Where:

Meetings are held in the Windjammer in the upstairs "ACEY DEUCEY" lounge.

BEQ Advisory Board Meeting

Wednesday, Feb. 13
3:30 pm in the BEQ kitchen.
Residents and command representatives are invited

WORSHIP SERVICES

Roman Catholic Mass

(Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Saturday

Reconciliation 1630

Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

Eucharistic Adoration/Reflective

Prayer (Cobre Chapel) Daily, 24hrs

Protestant Service

(Main Chapel)

Sunday

Worship Service 1100

LAY LED SERVICES

New Life

(Sanctuary B)

Sunday

Sunday School 1000

Worship Service 1100

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sacrament 0900

Filipino Bible Fellowship

(Sanctuary A)

Sunday

Worship Service 1800

Ingllesia Ni Cristo

(Sanctuary B)

Sunday

Worship Service 2000

Pentecostal Gospel Temple

(Sanctuary C)

Sunday

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Service 0930 & 1630

United Gospel

(Main Chapel)

Sunday

Service 1245

United Jamaican Fellowship

(Morin Ctr Complex - BLDG. 1036)

(Next to the Cable Company)

Sunday

Worship 1100

Please ask the Faith Group

Representative about Education

Programs, Bible Study, Prayer

Groups, Choirs, etc. For more

details, call the Chaplain's

Office at 2323.

School Lunch Menu

Feb. 4 -8

- MONDAY -

Grilled Ham & Cheese, French Fries, Sliced Pineapple, Milk

- TUESDAY -

Pepperoni Pizza, Tossed Salad, Fruited Gelatin, Milk

- WEDNESDAY -

Spaghetti w/Meat Sauce, Toasted Bread, Vegetable w/ Dip, Sliced Peaches, Milk

- THURSDAY -

Baked Chicken, Rice w/Gravy, Green Beans, Fresh Fruit, Milk

- FRIDAY -

Cheese Burger, French Fries, Fresh Fruit, Milk

GUANTANAMO BAY

This Week in Naval History

February 2

1800 - USS *Constellation* (CAPT Thomas Truxton) captures *la Vengeance*
1862 - USS *Harford*, Capt David G. Farragut, departs Hampton Roads for Mississippi River campaign

February 3

1801 - Senate approves peace treaty with France ending undeclared naval war that began 1798
1917 - US severs diplomatic relations with Germany

February 4

1779 - John Paul Jones takes command of *Bonhomme Richard*
1959 - Keel laying of USS *Enterprise*, first nuclear powered aircraft carrier, Newport News, VA

February 5

1854 - Dedication of first chapel built on Navy property, Annapolis, MD
1941 - Chief Nurse Marion B. Olds and Nurse Leona Jackson, Navy, arrive on Guam.
1971 - Moonwalk by CAPT Alan B. Shepherd, Jr. USN, Commander of Apollo 14 and CDR Edgar D. Mitchell, USN Lunar Module Pilot. During the 9 day mission, 94 lbs of lunar material was collected and Shepard became the first person to hit a golf ball on the moon. Recovery was by helicopter from USS *New Orleans* (LPH-11).

February 6

1862 - Union gunboat squadron captures Fort Henry, Tennessee River
1922 - World powers sign the Washington Naval Treaty providing for limitation of naval armament
1973 - Operation End Sweep mine clearing begins off North Vietnam

February 7

1800 - USS *Essex* becomes first U.S. Navy vessel to cross the Equator.
1815 - The Board of Naval Commissioners, a group of senior officers, is established to oversee the operation and maintenance of the Navy, under the direction of the Secretary of the Navy.
1955 - Seventh Fleet ships begin evacuation of Chinese nationalists from Tachen Islands
1965 - In response to a Viet Cong attack on barracks area at Pleiku, South Vietnam, aircraft from carriers, USS *Coral Sea*, USS *Hancock*, and USS *Ranger* attack North Vietnamese area near Donghoi.

One Pitch Softball Tournament Seabee Ball Fund Raiser



- * Feb. 8, 5 pm at Cooper Field
- * 1 Pitch - Double Elimination
- * 15 Players per roster.
- * \$150 team entry fee
- * Awards will be given
- * Rosters and fees due by Feb. 5.
- * Contact Trish Loop at 4662 or Matt Lowe at 4162 for more

Get your team together and register!

Car Wash Fundraiser

The Seabee Ball Committee is having a car wash to raise money for the Seabee/CEC Ball. Bring your car to the NEX Feb. 2, between 9 am and 1 pm to get your car cleaned. For more information,

SEABEE Silent Auction

The Seabee Ball Committee hosts a Dinner and Dessert Silent Auction, Saturday Feb. 2, 10am to 2pm at the NEX Atrium. Dinners are enough for 4 people. Bidding start at \$20 for dinner and \$10 for desserts. Meal or dessert will be delivered to winning bidder at a later date.

SEABEE Road Block Fundraiser

\$20 buys you the nastiest truck we have to block in your "favorite" co-worker, friend or relative. \$20 gets the victim unblocked or he/she can wait until we get off work (around 8pm) and we'll unblock you for free. Call 4024,4838 or 2391 until 9pm. All proceeds go toward the SEABEE Ball, March 2.

JOINT TASK FORCE-160

Rumsfeld visits X-Ray, JTF-160

By Marine Sgt. Joshua S. Higgins
JTF 160 JIB

Defense Secretary Donald H. Rumsfeld visited Camp X-Ray and members of Joint Task Force-160 after a lengthy press conference last week to ease criticism from European allies and human rights groups over the treatment and legal status of detainees.

Rumsfeld, along with several members of the U.S. Senate, received a full tour of the camp, escorted by Brig. Gen. Michael R. Lehnert, JTF-160 commander. During the tour, Lehnert displayed every aspect of detainees' day-to-day activities to include processing procedures taken upon their arrival. Lehnert also explained a photograph released by the Department of Defense showing detainees on their knees, shackled and blinded by tape-covered goggles as one of the processing procedures, which he declared "a necessary security precaution."

"For the purposes of security, both for the protection of detainees and security personnel we tell them to kneel down. If they are injured in any way they sit, they are not there very long," Lehnert stated in a press brief last week.

"The most important thing in my mind is security," he added. "Security trumps everything."

Much of the controversy centers on the legal status of detainees, and whether those who are members of allied countries should be turned over.

"They are not POWs (prisoners of war), they will not be determined to be POWs (and) no one should get special treatment," said Rumsfeld.

Rumsfeld said the detainees are considered unlawful combatants who are terrorists rather than members of a uniformed army; hence they would not be deemed POWs according to the Geneva Convention of 1949.

"It would be a total misunderstanding of the Geneva Convention if one considered al-Qaida, a terrorist network, to be an army," he said.

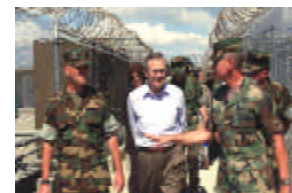
Rumsfeld said he has absolute confidence in the way detainees are being handled and treated while at Camp X-Ray and that his intention of the trip was not to inspect camp conditions.

"I am not down here for that purpose," he said. "I am down here to talk to the troops, to thank them for what they are doing."

Before boarding a C-9 military aircraft bound for Andrews Air Force Base, Washington, D.C., Rumsfeld shook the hands and personally thanked more than 50 service members attached to JTF-160.



Rumsfeld toured Camp X-Ray not to inspect the detainees' conditions he said, but rather to thank the service members involved.



Above: Col. Terry L. Carrico, Camp X-Ray commander, explains operations and conditions at the detention facility.

Below: Brig. Gen. Michael R. Lehnert, Joint Task Force-160 commander, and Maj. Gen. Gary D. Speer, Assistant Commander in Chief, U.S. Southern Command, escorted Rumsfeld and several U.S. Senators during their recent visit to Camp X-Ray.



Rumsfeld toured Camp X-Ray during a visit here recently. Rumsfeld said he was satisfied by the facility and treatment of the detainees.



U.S. Delegation gets firsthand look at Camp X-Ray and Fleet Hospital

By Spec. Travis Burnham
27th Public Affairs Detachment
JTF 160 JIB

To gain a better understanding of the operations and conditions concerning Afghan detainees held here at Camp X-Ray, approximately three-dozen U.S. Senators and Representatives toured the area Friday.

With the high media profile X-Ray has gained, the politicians wanted to see the facility for themselves. Army Maj. Gen. Gary D. Speer, Acting Commander In Chief, U.S. Southern Command and Marine Brig. Gen. Michael R. Lehnert, Joint Task Force 160 Commanding General, escorted the politicians through the camp and explained the operational engagements between the 168 detainees.

After touring the camp facilities, members of the House delegation met with

the services members who run the 24-hour operation.

To complete the tour, members of the delegation visited Fleet Hospital 20 and met with the sailors staffing the facility. After visiting all the facilities, it was apparent that the politicians were impressed by the range of medical services available, the sheer size of the medical facility and the short construction time, the politicians expressed approval with sighs and congratulatory remarks to personnel at the Fleet Hospital.

Rep. John Mica, R-Florida, expressed his opinion of the overall conditions.

"These people are being afforded better medical care than some of our veterans," he said. "They're getting better food than some of the senior citizens even in my district, and on a regular basis...We saw absolutely no evidence of mistreatment."



Above: Major General Gary Speer, US Southern Command Acting Commander in Chief (ACINC) discusses operations with the delegation at their arrival to Camp X-Ray.



Above right: Sen. Bill Nelson, D-Florida, listens to Navy Capt. Albert J. Shimkus, JTF 160 Surgeon while touring camp medical facilities.

Right: Col. Terry L. Carrico, Camp X-Ray commander, explains camp operations to members of the congressional delegation.

Top Left: Joint Task Force 160 Commanding General, Brig. Gen. Michael Lehnert escorts members of the House delegation through Camp X-Ray.

Bottom left: U.S. Coast Guard patrol boats escort the ferry carrying the members of the U.S. delegation during their visit to Guantanamo Bay



Naval Mobile Construction Battalion THREE's Caribbean Seabees Are Making Difference

LCDR Andrew Schulman
Civil Engineer Corps, US Navy
Homeport: NMCB THREE, Port
Hueneme, California

Seabees from NMCB THREE Det Norfolk and Det Camp Lejeune recently joined-up with NMCB THREE Seabees at Detail Guantanamo (GTMO) Bay, Cuba, as our portion of the 22nd Naval Construction Regiment (Forward).

The original tasking for construction of a new port operations facility was postponed as we turned-to on the temporary confinement facility for detainees from Afghanistan. Working alongside the base contractor and NMCB ONE THIRTY-THREE, both active-duty and reserve Seabees are constructing 120 confinement cells out of chain link fence and corrugated metal.

Working two 10-hour shifts, the unique facility is rapidly nearing completion. The process has been challenging in that

detainees already occupy the facility, so security has been tight, requiring many innovative solutions to construction requirements.

Seabees are also supporting numerous other units on the island, including improvements to the road system, and fixing up portions of housing areas that had been previously mothballed. It's hot but beautiful here, and Seabees know their work is crucial to the success of this mission, making it well worth the sweat and tired eyes you see on the job site. Morale is boosted daily by the American flags hanging from guard towers around the confinement facility, a poignant reminder of how this mission started.

With only a few months left on deployment, we are all starting to look forward to seeing families and friends again in homeport, however, our participation here has been extremely rewarding. The Seabees of 22 NCR (Fwd) have added yet another chapter to their famous legacy of support and excellence!



Seabees work 10-hour shifts to complete the 120 confinement cells at Camp X-Ray.



February is Black History Month

By Rudi Williams
American Forces Press Service

WASHINGTON — "I'm a little anxious about the subject of African American History Month because a lot of people are uncomfortable with that subject," Marine Corps Maj. Gen. Clifford L. Stanley told the packed Pentagon auditorium here Feb. 8 (2001).

Stanley, the keynote speaker at the 2001 DoD observance of African American History Month, said the president, DoD, Congress and the nation may recognize African American History Month, but a lot of people still take exception to it.

When historian Carter G. Woodson started Negro History Week in 1926, he said entire chapters of Negro history were missing and should be talked about, said Stanley, deputy commanding general of the Combat Development Command, at Marine Corps Base Quantico, Va.

Woodson was the first to open the long-neglected field of black studies to scholars to focus attention on black contributions to civilization. He founded the Association for the Study of Negro Life and History, today the Association for the Study of African-American Life and History Inc., based in Silver Spring, Md. Woodson's Negro History Week in time became African American History Month.

When Woodson started to highlight African American history, the nation was divided by segregation, Stanley noted. "The road is still not level. We've still got a long way to go," he said. Today, Stanley is one of eight African American Marine Corps generals — the largest number the Corps has had at one time.

Stanley said he hasn't forgotten the Jim Crow laws that barred African Americans from jobs and public places like hotels, restaurants and other facilities. He hasn't forgotten African Americans living in fear of racially motivated violence.

"I still feel it, still see it," said Stanley. As an African American, he said, "I am blessed to be able to see what others may see, even if I don't experience it myself. For example, I'm the person who goes into the company office and the first sergeant does everything but

pay attention to me. I'm the person who goes into supply and the sergeant and his NCOs continue to chitchat and drink coffee, kind of ignoring me. I'm the person who never complains when I'm given all kinds of unfair duties and responsibilities."

A little courtesy, respect, understanding and fairness are all African Americans want, the general said.

Looking back into the nation's history, Stanley said when the Emancipation Proclamation was signed in 1863 during the Civil War, "there were people who look like me who were opposed to the proclamation being signed and who hated abolitionists."

There were also slaves who wanted to stay slaves, he remarked. "I have a hard time fathoming that, but it happened," Stanley said. He received loud applause when he added, "We have people just as mixed up today!"

He drew loud applause again when he said, "People sometimes get to where I am and we forget." Stanley said African Americans should help each other, especially those who reach high levels in their professions.

"When you find people who don't have quite the political scope you have, be patient with them," he counseled. "If they're not quite where you are, ... deal with them a little better. If they have a different family orientation, understand they came up a little bit different."

"Things change, and that's one of the most beautiful parts of American society," he concluded.

The Pentagon program theme was "Creating and Defining the African American Community: Family, Church, Politics and Culture." Charles L. Cragin, acting undersecretary of defense for personnel and readiness, was the host.

Gail H. McGinn, acting assistant secretary of defense for force management policy, delivered the welcoming address. Chaplain (Lt. Col.) Thomas J. Minor of the National Guard Bureau gave the invocation and benediction. Claiborne D. Haughton Jr., acting deputy assistant secretary of defense for equal opportunity, delivered the closing remarks.

Become A Successful Sponsor

By Cynthia Miller
Relocation Assistant Counselor, Fleet & Family Support Center.

The Chief of Naval Operations developed the original Navy Sponsor Program in 1970. This program was designed to facilitate the relocation of Navy service members and their families. Until 1982, the program was mandatory for all overseas PCSs. In 1989, sponsorship was made mandatory for all moves. Although today the program is not mandatory, it can play an important role in easing a newcomer's relocation.

The Sponsor Program's primary purpose is to make a PCS moves as smooth as possible and provide service members and their families a positive first impression of their new duty station. The Sponsor Program is designed to raise morale, retention, productivity, and overall command readiness. Naval Station Guantanamo Bay supports the Sponsor Program by offering sponsor training classes

for those assigned as sponsors, their spouses, ombudsmen, sponsor coordinators, and all those interested in attending.

A sponsor represents the command to newcomers and acts as the newcomer's information liaison with the new duty station. Sponsors must be enthusiastic, knowledgeable, and concerned to set the tone positively for incoming service members and promote the time-honored tradition of "the military take care of their own."

Come join us on 7 Feb 02 from 0900 to 1100 for our year's first sponsor training class at the Fleet & Family Support Center. The Relocation Assistant Counselor will provide checklists, handouts, tips, and information for prearrival, arrival, and postarrival newcomer assistance. Representatives from different base facilities will provide information on Housing, POVs, Personal Property, and PSD issues that sponsors need to know. Call ext 4141 to sign up for sponsor training on 7 Feb.

Single Parent Group

The group is open to all single parents or geographically separated parents here with their children. This group has also been opened up to those here without their family members.

The group's focus is to create a network of moral support to these families. Open to parents with children of all ages.

Questions?

Contact Shannon Gallops at 4207 DWH or 7337 AWH, Ally Bates at 7-2380 DWH or 5537 AWH, or Yokasta "Joe" Bisono at 7-2190 AWH or 7507 AWH



The W.T. Sampson Academic Excellence Team stands by their new practice response table. Team members include (l-r) Christian Basel, Jennifer Bodenheimer, Elizabeth Belyeu, Tim Buehn, and Jeff Setzer. (Camera shy - Stephanie Rodriguez.)

Students say "thank you"

The W. T. Sampson HS Interscholastic Academic Games Team sends sincere thanks to John Bodenheimer and the Burns and Roe Corporation for their enthusiastic support of Guantanamo Bay Academic Excellence Team.

Their donation of an outstanding buzzer response system to allow the students to practice for the Interscholastic Academic Games to be held in Germany, March 20-22 in an invaluable one. The students hope to participate in those international games and say the light and buzzer response system allows them a sense of realism.

Request Your Social Security Statement

It is never too early to start thinking about retirement and your Social Security pension. The Social Security Statement is a valuable document that estimates your future Social Security benefits and tells you how to qualify for those benefits. Many are unaware that they can request a free Earnings and Benefits Statement from the Social Security Administration.

The statement shows a person's Social Security earning history and estimates how much has been paid in taxes. It also estimates future benefits and details how to qualify for benefits.

To receive a SSA-7004-SM request form, call (800) 772-1213. When prompted, press 2 and follow the instructions. Once you receive the form, fill it out as directed and mail to: Social Security Administration, Wilkes Barre Data Operations Center, PO Box 7004, Wilkes Barre, PA 18767-7004.

Or, download the form at the SSA's website, www.ssa.gov. You can also transmit a request using an online form. At present, however, they do not send statement information back on the Internet. Instead, you will receive a response to your request by U.S. mail in 2-4 weeks.

To request your Social Security Statement, you will need:

- Your name as shown on your Social Security Card
- Your Social Security Number
- Your date of birth
- Your place of birth
- Your mother's maiden name- last name only (to help identify you)

Also, although optional, it will help give you better benefit estimates if you also give us your last years' earnings, an estimate of your current and future earnings and the age at which you plan to stop work.

Remember that preparation is the key to developing a smooth transition from working to retirement lifestyles.

February is American Heart Month

Submitted By LT Andrea Petrovanie
U.S. Naval Hospital

February is American Heart Month. An estimated 12 million persons residing in the United States have coronary heart disease (CHD) which includes myocardial infarction (heart attack), angina pectoris (chest pain) or both. During 1998, approximately 460,000 persons died of CHD; 44% of these deaths were attributed to acute myocardial infarction. CHD can be prevented by reducing or controlling high cholesterol, high blood pressure, and diabetes, by abstaining from smoking, adopting a healthy diet, and engaging in moderate physical activity and weight management. Many deaths and much disability also can be prevented by early recognition of heart attack symptoms, prompt response from and transportation to an emergency department, and timely, appropriate treatment.

Learn how to recognize the warning signs of cardiac arrest which can occur suddenly

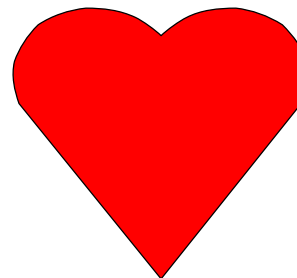
and dramatically. If a person loses consciousness, stops breathing and loses a pulse and blood pressure, call 911 or emergency medical help immediately and give Cardiopulmonary Resuscitation (CPR). CPR involves a combination of mouth-to-mouth rescue breathing and chest compression and can keep oxygenated blood flowing to the brain and other vital organs until appropriate medical treatment restores a normal heart rhythm.

Take advantage of the opportunity to learn CPR. You could save a life.

Cholesterol Education

Knowing your blood cholesterol level is as important as knowing your blood pressure. Knowing how to treat it starts with a healthy eating plan.

Reducing blood cholesterol starts with two main dietary recommendations. First, limit the intake of saturated fats. Choose lean meat, chicken and fish portions of three



to four ounces. Check food labels for fat content, especially baked goods and frozen entrees. Look for low-fat or fat-free milk, cheese and yogurt.

Second, include more whole grains, vegetables, fish, beans, and nuts. Use added fats sparingly and choose soft or liquid margarines and low-fat salad dressings.

Adapted from Centers for Disease Control

Change Your Lifestyle to Lose Weight

Special to the American Forces Press Service

The Department of Defense wants service members and their families, retirees and civilian employees to enjoy lifelong health and fitness.

The military medical system today stresses a "condition management approach" to obesity. That means working with beneficiaries to prevent the problem rather than have to treat it. The approach marks a change in traditional thinking, one that requires a close partnership with beneficiaries.

All the services have body weight and conditioning standards. The Body Mass Index ratio developed by the National Institutes of Health in 1998 is one indicator. It's the ratio of weight in kilograms to height in meters squared. A BMI of less than 25 is considered normal, 25 to 29.9 is overweight, and over 30 is obese.

Nearly a thousand service members are discharged each year because of their weight. But the active force's problem is minor compared to family members, who mirror the general public. Using the BMI studies suggest 60 percent of Americans are overweight or obese.

About 15 percent to 20 percent of children are overweight or obese, he said. About 40 percent weigh over 80 percent of their ideal body weight.

The services' elite forces are most effective at weight control, probably because of their culture, which stresses physical prowess, agility and team coordination.

However, one thing is certain for everyone: It's easier to prevent being overweight and obesity than to treat them. They're an illnesses, but many overweight individuals don't see themselves as sick or needing treatment.

Obesity is linked to higher rates of chronic illness and worse physical quality of life than lifelong smoking, problem drinking and poverty

combined, in the United States. Overweight and obesity are clearly associated with type-2 diabetes, gall bladder disease, hypertension, coronary artery disease, depression and elevated cholesterol and triglyceride levels in the blood.

Losing weight and keeping it off is not easy. The hardly secret truth about weight control is that it means adopting a lifestyle that combines prudent dieting and a sustained exercise program. It's the only way to prevent and to effectively treat overweight or obesity without resorting to medications.

Sustained exercise means 30 minutes of exercise, preferably vigorous, three or four times per week. The benefits of frequent exercise are well documented. Even walking is helpful as long as it is sustained. One should feel at least a little tired at the end of it.

A caution regarding children: Severely limiting children's caloric intake can adversely affect growth and development, especially during adolescence, when their needs increase, he said. The best ticket is a balanced diet that's neither excessive in calories nor excessively restrictive coupled with age-appropriate exercise. Children attempting to lose weight should do so only under the care of physicians or nurse health managers.

Embarking on this life change, one can hope to lose 1 or 2 pounds per month. Losing 12 to 20 pounds in a year is a real success story.

A pound of fat contains about 3,500 calories. Vigorous exercise for 30 minutes may burn up to 350 calories, so even with daily exercise at this rate it would take 10 to 12 days to burn a pound of fat — assuming you're eating only a normal complement of calories. An average adult requires 2,000 to 2,500 calories daily, so the goal should be to not exceed 2,000.

For more information on weight control problems and treatments, visit the Surgeon General website at www.surgeongeneral.gov/topics/obesity.

Creature Feature

BARRACUDA

"Creature Features" are submitted by Patricia Loop and The Guantanamo Bay Environmental Office



Dr. Matt Gilligan, Savannah State University

By Paul Schoenfeld
Natural Resources Manager

The Barracuda (*Sphyræna barracuda*) is one of approximately 20 species of Sphyrænids, a family of closely related fish. Barracuda have a large distribution and in the western Atlantic they can be found from Massachusetts through Brazil, the Gulf of Mexico, Bermuda, and throughout the Caribbean. This fish can grow to nearly 6 feet long and attain weights of approximately 100 pounds.

Barracuda have long cylindrical bodies and a silver appearance. Juveniles have differing colors depending on their location but adults have a characteristic series of black spots along their silver flanks and a green to gray colored area on their upper portions. The head is pointed and the lower jaw protrudes past the upper jaw exposing their teeth. Their streamlined "torpedo" shaped body allows Barracuda to swim up to 27 miles per hour making them very efficient when pursuing prey.

Barracuda are top of the food chain predators although smaller individuals fall prey to other large predatory fish. They prey upon most species of fish and also consume snails and shrimp. This variety allows Barracuda to occupy most aquatic habitats and they are found offshore in open water,

inshore near mangrove forests, coral reefs, seagrass beds, and are frequently seen near man-made structures that attract fish. As top of the food chain predators, Barracuda are one of the species capable of transmitting ciguatera, the fish poisoning contracted by eating fish which accumulate ciguatera toxin from feeding on certain reef fish.

Although Barracuda are very effective predators and can be very fast, attacks on humans are rare. Divers and snorkelers frequently encounter Barracuda and the fish has been known to be curious and swim along with people. Most divers and snorkelers who do see Barracuda claim the fish is very complacent and non-threatening. Documented attacks usually resulted from divers wearing jewelry or other shiny objects that glitter and look like prey. Other conflicts with Barracuda involved disputes with divers wanting to keep their spearfishing catch and rarely, people being bitten in the surf zone.

Very little is known about the Barracuda life history especially with respect to their breeding ecology. Many believe they spawn over open water but this has never been proven. Regardless, Barracuda are very common fish and populations appear to be stable. In spite of its ciguatera reputation, Barracuda remain popular as a game species and as table fare in many parts of its range.

NOTICE

If you worked in the following non-foreign areas between the period October 1, 1990 and September 30, 2000, you may be entitled to be part of a class action suit brought on behalf of current and former federal employees who received a cost of living allowance (COLA).

COLA NON-FOREIGN AREAS COVERED

AN: Anchorage; FB: Fairbanks, JU: Juneau; RA: Rest of Alaska; HO: Honolulu, KA: Kauai; MA: Maui, HA: Hawaii (Big Island); GU: Guam; PR: Puerto Rico; ST: St. Thomas/St. John; SC: St. Croix; CN: Commonwealth of Northern Mariana Islands

The settlement of the case was approved by the courts and became final last year. The details of the settlement can be viewed on the web at: www.colasettlement.com. Under the settlement, some class members may be entitled to receive back pay. If you are interested in finding out more about this class action settlement, the write to: COLA Settlement Administrator, PO Box 4349, Portland, OR 97208 or call 1-877-480-2652

Your claim must be filed with the Settlement Administrator by Feb. 17.

FOR SALE

(1) EZ-Go Golfcart. Runs well, but needs new batteries. Battery charger and spare parts included. \$300 or best offer. Call 7755 AWH.

(1) Full-size Futon w/mattress and denim-colored cover. Light oak finish. \$150. Call 5517.

(1) Complete golf set. "Gary Player" graphite shaft/titanium clubs 3-P, 3 & 5 woods w/covers, "Rawlings" driver & putter, cart bag, padded airline travel bag, towels, balls, tees, and Nike golf

shoes. Excellent condition, only used a dozen times. \$200. Call 5847 AWH.

(1) Emerson Dehumidifier (30pt) - less than 1 yr old. Works great especially suited for damp barracks rooms. Cost \$220 new, asking price \$120. Call 2351 (DWH) or 7319 (AWH).

(3) Men's 18K gold wedding band with 11 diamonds appraised at \$608, will sell for \$195. Men's 10K ring with garnetstone, paid \$225, will sell for \$125. Call 7672 AWH.

(2) Youth mini-Easy Boy recliner-\$20, folding plastic bedrail with flash light-\$10. Please call, (W)4099 or (H)5533.

VEHICLES/BOATS

(1) 1991 Chris Craft, Concept 167. 17 / 2 ft. Runabout with I/O, 150 hp. One owner with very low hours. Trailer, custom cover and bimini top. \$4,500.00 firm. Call 7864 AWH.

(1) 1986 Pontiac Fiero -- white w/6 cylinder, has new tires, stereo w/CD and clutch. Has all options you could want. Great sports car in excellent condition. Asking \$5000 OBO. Call 5577.

(1) 1992 Light Blue Ford Escort Hatchback. Has A/C and new stereo. Runs great. \$3700 OBO. Call 5577.

(1) 1986 Ford Tempo - 5-speed manual transmission, runs good - great GTMO car. \$850 firm. Call 2351 (DWH) or 7319 (AWH).

(1) 1992 Nissan Maxima. Selling price \$4500. Available Feb 26. FMI, call 5811.

(2) 1991 18' open bow ski boat. 235 hp outboard with skis, safety equipment and hand held radio. \$3,000 OBO. Call 5836

(3) Motorcycle 1996 Yamaha Virago 1100cc. Great Condition, low miles. Asking \$5,500 firm. Call 7672 (AWH).

(2) 17-ft Carolina Skiff, 85HP Trolling motor, fish finder, safety gear all included. Must see. \$2,500 OBO. Call 7895 AWH.

WANTED

"The Iguana Crossing" is currently in

need of volunteers to work shifts from either 6-8 p.m. or 8-10 p.m. on Mondays, Wednesdays, Fridays or Saturdays. New and experienced volunteers are welcome! Please call x2323 to sign up. Also, donations of ground coffee, coffee beans, sugar, milk, honey, and baked goods are always welcome.

URGENT! Looking for a vehicle. Would prefer a GTMO Special, but will consider others. Call 4141.

Wanted: Aquarium stand. Rust OK. Please call 7189.

EMPLOYMENT

American Red Cross Employment Opportunity: The American Red Cross is accepting applications for an after-hours caseworker. Duties will include receiving, servicing, and sending emergency and personal communications for military and civilian members of the Guantanamo Bay community. Caseworker will be "on the pager" alternating weeks to handle evening, nighttime, and weekend calls. Red Cross will provide all required training. Qualified applicants should have casework or customer service experience, be knowledgeable of military culture and Red Cross services, and be available for nighttime and weekend work. Application packets can be picked up at the Red Cross office in the Fleet and Family Service Center and returned no later than 15 Feb. 02. For further information phone 5060.

Paper Clips, etc., a division of Winston-Salem Industries For The Blind, Inc. headquartered in Winston-Salem, North Carolina, will be taking over ServMart in the near future. We will be needing new associates to join our store, with a special effort to employ visually challenged persons. We will be needing cashiers, stock/warehouse personnel and assistant managers. Please contact the Human Resource Dept. at 1-800-242-7726 or send an e-mail message to: LRing@wsifbcom.

The following are job vacancies currently open through the Human Resources Division:

Openings with closing dates:
Health Systems Specialist, closes 2/6/02

Open Continuous Vacancies:
Supply Technician, 1st cutoff 12/21, closes 12/06/02

For more information contact the Human Resources Division at ext. 4822 or 4430.

Navy Federal Credit Union has a Part-Time Member Service Representative position available. For more information, call 4333.

The following job opportunities are available at the Navy Exchange.

F/T - Weekdays, Weekends
Cashier-Checker
Sales Clerk
Customer Service Clerk
Meatcutting Worker
Lead Sales Clerk

Flex - Weekdays, Weekends
Food Service Worker
Motor Vehicle Operator
Flex - Afternoons to 7pm
Cash Office Cashier
For more information, visit the Navy Exchange Personnel Office or call 4119.

YARD SALE

Caribbean Circle 16-A moving yard sale, Feb. 2, 7am to noon. Everything from kids to adult items for sale. Also have cleaned carpets.

Villimar 19B, Saturday at 8:30 am. No Earlybirds -- toys, clothes, bikes, women and children, much more.

THIS FRIDAY (Feb 1st) Back Yard Sale starting at 4pm. At Center Bargo 1203. Lots of stuff, including: kitchen supplies, furniture, toys, decorations, misc. stuff and most commonly - mens/ women/boys and girl clothes, various sizes most in excellent condition and PERFECT for GTMO's hot weather!

LOST & FOUND

(2) Ladies watch found on Sherman Ave, Sunday, Jan. 21. If yours, please call 4242 to describe and claim.

(2) Lost: 16" Red Boys Bike with training wheels bought for our son for Xmas. Missing out of our backyard at CC 39B. Please call Tamika at 5814 or 72190.

PETS

Himalayan Seal-Point Cat - 6 yrs. old, light gray with dark ears and tail, baby-blue eyes, de-clawed and neutered. Has all shots and microchip. Indoor cat only. Call 5577.

SPY GAME



Thriller
2 hrs. 07 min.
Starring:
[Robert Redford](#),
[Brad Pitt](#),
[Catherine
McCormack](#),
[Stephen Dillane](#),
[Larry Bryggman](#)

Complications arise on the last day of work for a veteran CIA agent (Robert Redford) when he must organize the rescue of a young protege (Brad Pitt) who has been captured by the Chinese while on a personal mission.

THE WASH

Comedy
1 hr. 34 min.
Starring:
[Dr Dre](#),
[Snoop Dogg](#),
[Angell Conwell](#),
[Tom "Tiny" Lister Jr.](#),
[DJ Pooh](#)



Dee Loc (Snoop Dog) and Sean (Dr. Dre) are roommates working at a car wash run by the ill-tempered Mr. Washington (George Wallace). As if the two weren't in enough trouble—chasing the ladies during work hours, hustling customers with side-scams—Mr. Washington gets kidnapped and the roommates have to figure out how to get him back.

JOE SOMEBODY



Drama / Comedy
1 hr. 48 min.
Starring:
[Tim Allen](#),
[Julie Bowen](#),
[Kelly Lynch](#),
[Greg Germann](#),
[Patrick Warburton](#)

Joe (Allen) is a divorced corporate Everyman whose dead-end personal and professional lives are turned around after the office bully publicly humiliates him in front of his daughter. As he trains for a rematch - and give himself a makeover - he begins an unexpected ascent up the corporate ladder.

Movies

FRIDAY, FEBRUARY 1

7pm Monsters Inc
G - 96min

9pm Rush Hour 2
PG13 - 88min

SATURDAY, FEBRUARY 2

7pm Joe Somebody
PG - 108min

9pm Oceans Eleven
PG13 - 116min

SUNDAY, FEBRUARY 3

7pm Behind Enemy
Lines
PG13 - 120min

MONDAY, FEBRUARY 4

7pm Black Knight
PG13 - 95min

TUESDAY, FEBRUARY 5

7pm The Wash
R - 94min

WEDNESDAY, FEBRUARY 6

7pm Spy Games
R - 127min

THURSDAY, FEBRUARY 7

7pm Out Cold
PG13 - 89min



What's Happening..

Rick's Lounge

Rick's Lounge is now open daily from 4pm to midnight to officers and civilian equivalents only.

Black History Month

3 on 3 Basketball tournament

FEB 2 at 4pm at the Base Gym. Trophies will be presented to the 1st, 2nd and 3rd place team finishers in each division.FMI call 2193.

Super Bowl Parties

Join us Feb. 3 at the CPO Club, Rick's Lounge, Bowling Center and all Liberty Centers for the Biggest football game of the year. There are games and prizes. Fun begins at 7pm.

Mardi Gras Celebration

Join us at the Tiki Bar on 8 February at 7pm as we celebrate Mardi Gras. Games prizes and plenty of beads for everyone. Call 4360 for more information.

Valentine's Day Special

Enjoy a relaxing cruise on the bay. We are offering half price off the hourly rental rates (plus gas) for any available boat on Valentine's Day (excluding the Gtmo Queen).

Valentine's Party

Join us at the Windjammer Bar for our 2002 Valentine's Party, 7pm until...

Washington's Birthday Special

18 Feb 2002 - Half price on hourly rentals for any available boat (excluding gas and the Gtmo Queen). If you were born on this day, get half off the normal daily rental fee for any available boat, water toy or rod & reel combo (excluding gas and the Gtmo Queen).

Youth Center

February 1 - Skate Night

February 2 - Open Rec.

Call 4658 for more information.

Oasis Teen Center

February 1- Paint Ball Challenge

February 2 - Open Rec.

Call 2096 for more information.

Free Kayaking Lessons

Every Saturday and Sunday at the Marina 1400-1600, 1600-1800.

Beginners through advanced. Our qualified instructors take you through all the steps to becoming a qualified kayaker. Sign up at the Marina or call 2345.

Free Sailing Lessons

Every Saturday and Sunday at the sailing center. Learn to enjoy the bay in one of our high speed Zumas, Hunters or Catalina 22's. Our qualified instructors can help you attain basic to advanced skipper licenses. Call 2345 for sign up times.

Tae Kwon Do

Marine Hill aerobics room Kids Monday thru Friday 4 -5pm. Adults Monday thru Friday 6:30 - 7:30pm. All ages Monday thru Friday 11am - 12pm.

CDC

Saturday, February 16th 6:30pm-12:00am. A reservationfee of \$2.50 is due by Wednesday, February 13th, to hold a spot for your child(ren). One hour is \$2.50, two hours is \$5.00, and three or more hours is \$12.00.

For more information on any of the events listed above, call 5225.